

DINNERLY



Glazed Pan-Fried Chicken with Potato Bubble and Squeak



35 minutes



2 Servings

Bubble and squeak is a fun name for a dish traditionally made using leftover veggies. Ours is made with grated potato and zucchini, fried until golden, then teamed with tender slices of chicken.

WHAT WE SEND

- 1 potato
- 1 zucchini
- 1 large free-range chicken breast fillet
- 5g smoked paprika
- 50g baby spinach leaves
- 20g sunflower seeds

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs olive oil
- 1 tbs barbecue sauce
- 2 tsp worcestershire sauce ⁴
- 2 tsp red or white wine vinegar ¹⁷

TOOLS

- box grater
- colander
- medium deep frypan with lid
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 25.6g, Carbs 24.7g, Proteins 40.5g



1. Prep ingredients

Coarsely grate the **unpeeled potato** and **zucchini**, keeping them separate. Put the potato in a colander and rinse under cold water for 30 secs. Squeeze out as much liquid as possible. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



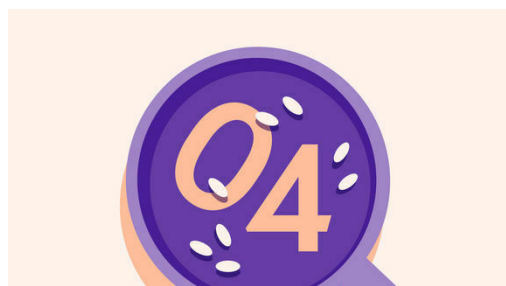
2. Start bubble and squeak

Heat **1 tbs olive oil** in a medium deep frypan over high heat. Cook the **potato**, stirring to dislodge any cooked-on bits from the base of the pan, for 1-2 mins until golden. Reduce the heat to medium-high, cover and cook for a further 2 mins or until softened.



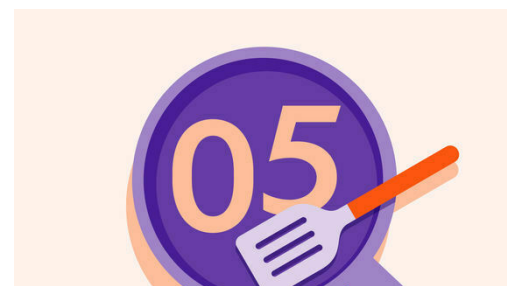
3. Add zucchini

Add the **zucchini** to the potato and cook, uncovered, stirring regularly, for 4-5 mins until golden and tender. Add **1 tsp smoked paprika*** and cook, stirring, for 1 min or until fragrant. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Pan-fry chicken

Combine **1 tbs barbecue sauce**, **2 tsp worcestershire sauce** and **2 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Heat a medium frypan over medium-low heat. Cook the chicken, covered (see Kitchen hack), for 3-4 mins each side until browned and cooked through. Remove from the pan.



5. Toss spinach and serve up

Meanwhile, combine **2 tsp olive oil** and **2 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **spinach** and toss to coat. Divide the **bubble and squeak**, **chicken** and **dressed spinach** among plates. Spoon over any pan juices from the chicken and scatter over the **sunflower seeds**. Enjoy!



6. Kitchen hack

Covering the frypan with a lid while the chicken is cooking creates steam. This not only keeps the chicken moist but adds to the pan juices – and that means more delicious juices to spoon over at the end!